

Vancouver Daytox Weekly Schedule

For the period of June 3rd to July 5th 2025

New Details in Red

Alternate Locations in Purple

Mon	Tue	Wed	Thur	Fri	Sat
Check-In (ZOOM & IN PERSON) 9:00a—10:00a	Check-In (ZOOM & IN PERSON) 9:00a—10:00a	Check-In (ZOOM & IN PERSON) 9:00a—10:00a Alumni welcome	Check-In (ZOOM & IN PERSON) 9:00a—10:00a	Check-In (ZOOM & IN PERSON) 9:00a—10:00a	Check-In (ZOOM & IN PERSON) 9:00a—10:00a Alumni welcome
A.C.T. (Acceptance & Commitment Therapy) (ZOOM & IN PERSON) 11:00a—12:00p	Recovery Dharma (ZOOM & IN PERSON) 11:00a—12:00p	PEER PANEL (IN PERSON & Zoom) June 11th ONLY 11:30a – 12:30p Alumni welcome	Science of Recovery (ZOOM & IN PERSON) 11:00a—12:00p	Shame Resilience (ZOOM & IN PERSON) 11:00a—12:00p	CBT (Cognitive Behavioral Therapy) (ZOOM & IN PERSON) 11:00a—12:00p
ACUPUNCTURE 1:15p—2:45p Alumni welcome	ACUPUNCTURE 1:15p—2:45p Alumni welcome	ACUPUNCTURE 1:15p—2:45p Alumni welcome	ACUPUNCTURE 1:15p—2:45p Alumni welcome	ACUPUNCTURE 1:15p—2:45p Alumni welcome	<div>June 28th ONLY Trauma 101 Workshop (ZOOM & IN PERSON) 1:00p – 2:30p *come learn the basics about trauma & how it impacts the brain, body, & substance use Alumni welcome</div> <div>All-Pathways (w/Junction) (IN PERSON) 5:00p-6:00p 2nd floor, room 223 Alumni welcome</div>
<div>Art Expressions (w/Junction) (IN PERSON) @THREE BRIDGES 2:30p-4:00p - Rm 215 Alumni welcome</div>	<div>Zen Out (IN PERSON) 4:30p—5:30p 2nd floor, room 223 Alumni welcome</div>	<div>Smudge & Feather (w/Junction) (IN PERSON) @312 Main St. Ground Floor, Sound Rm 1:30p – 3:00p Circle followed by various cultural & recovery activities 3:30p – 6:00p Alumni welcome</div>	<div>2SLGBTQIA+ All-Pathways (w/Junction) (IN PERSON) @THREE BRIDGES 4:30p-5:30p -Rm 215</div>	<div>Level Up Ceremony! June 27th ONLY! (IN PERSON & Zoom) 2:30p-3:30p Rm 223 *come cheer on those who are becoming Daytox alumni!</div>	
<div>SMART (IN PERSON) 3:30p—4:30p Robert and Lily Lee Family CHC Rm 325 Alumni welcome</div>			<div>Core Connections (IN PERSON) June 26th ONLY 5:00p-6:00p RLL Rm 223 Alumni welcome</div>		
			<div>CrossTox (IN PERSON) June 5th, 12th & 19th 5:00p-6:00p RLL Rm 223 Alumni welcome</div>		
<div>All-Pathways Meeting Link: https://vancouvercoastalhealth.zoom.us/my/junctionallpathways Meeting ID: 244 730 7088 Passcode: 280265</div>					
All-Pathways (w/Junction) (ZOOM) 6:00p-7:00p Alumni welcome	All-Pathways (w/Junction) (ZOOM OR IN PERSON) 6:00p-7:00p 2 nd floor, room 223 Alumni welcome	All-Pathways (w/Junction) (ZOOM) 6:00p-7:00p Alumni welcome	All-Pathways (w/Junction) (ZOOM) 6:00p-7:00p Alumni welcome		All-Pathways (w/Junction) (ZOOM) 6:00p-7:00p Alumni welcome

New Client Orientation/Meet & Greet: Session for new clients to ask questions and gather information about the Daytox program. *The first 30 mins will be in a group format, then you'll meet one of our staff 1:1 to build your individual treatment plan. ***You must first register for Daytox to attend orientation****

Hours & Certificate: Daytox is a **12 week groups-based program** supplemented by 1:1 support. It takes **60 hours** of program time to receive a completion certificate. Hours can include all groups on this calendar and 1:1 meetings with staff. **Starting in March 2025 we ask participants to attend at minimum 4-6 groups per week on average.** Intensive day treatment does have a “dose” response & we want folks to make the most of their time with us.

Client “Level Up!” Ceremony: Participants are welcome to attend our **Level Up!** ceremony to celebrate those who have completed the Daytox Program and are taking the next step in their recovery journey – the next ceremony will take place **Friday, June 27th, 2025 from 2:30-3:30pm in room 223 at Robert & Lily Lee Family Clinic.**

How Can I Get Into Daytox?
Call ACCESS at ☎ 1-866-658-1221 for a self-referral

What is Daytox?

Daytox is a day program for recovery from substance use offered by Vancouver Coastal Health, for people whose substance use does not require residential treatment. Daytox is a structured, 8-12 week program that operates on the principles of being client- centered and trauma-informed. Clients have the chance to attend a variety of Zoom and in-person groups and also receive one-on-one support while enrolled in the program.

Who can access Daytox?

Daytox is available to adult residents of Vancouver and Richmond.

What services are available at Daytox?

Daytox operates on a bio-psycho-social approach. That is a fancy way of saying that we provide programming that helps you take care of your physical, emotional, and social needs.

Daytox provides one-on-one counselling, recovery navigation, and 1:1 peer support. Additionally, you have a chance to connect with a group of like-minded, recovery-focused Individuals. We can also help with referrals to treatment and community case management as needed.

All the Daytox group materials/hand outs, and other community resource flyers, will be available at the [Daytox Drop box](#).

Group Descriptions

Check-In: (Zoom/In-person) a safe space for clients to share current life situations, recovery goals and plans. Wednesdays and Saturdays we welcome Daytox alumni clients to also participate.

Acupuncture: (In-Person, 3rd Floor, Room 320) In person sessions, aids with withdrawal, cravings and helps prevent relapse.

Recovery Dharma: (ZOOM/In-person) a peer-led community that is unified by our trust in the potential of each of us to recovery and find freedom from the suffering of addiction. Meetings include a guided meditation, a reading from the Recovery Dharma book and sharing.

Peer Panel: (In-person & ZOOM) Curious about options after Daytox? Come to our monthly panel & hear from peers & alumni about what worked for them after completing Daytox & review options for the next steps on your individual recovery journey!

Smudge and Feather (w/ Junction): (In-person) Participate in smudge & feather passing/sharing at 312 Main St. in the Sound room on the ground floor from 1:30-3pm Wednesdays.

Shame Resilience: (Zoom/in-person) An educational group exploring what shame is and the correlation of shame and substance use. A key part of the group will be learning skills and coping strategies to help better manage shame.

The Science of Recovery: (zoom/in-person) Topics will include the role of neurotransmitters, human basic needs (hierarchy), Post-Acute Withdrawal Syndrome (PAWS), human connection, habitual behaviour and ACES in recovery.

Acceptance and Commitment Therapy (A.C.T): (zoom/in-person), an empirically based psychological intervention that uses acceptance and mindfulness strategies, together with commitment and behavior change strategies, to increase psychological flexibility

Art Expressions: (In-person @Three Bridges, room 215). This is a group that uses creative activities/expression to promote emotional growth and healing. It allows expression of our emotions and thoughts that otherwise may be difficult to put into words. Each week there will be a different activity planned. You do not need to have artistic talent to join the group – Art Expressions is about the process of creating rather than the finished product.

Zen Out: (In person (2nd floor, room 223), a safe space to practice guided meditation, mindfulness, stretching, and calming breathing exercise. Practicing these skills will help you to connect and regulate your nervous system and ground in the present moment to reduce the feelings of anxiety, stress, and trauma. Yoga mats provided, feel free to bring blanket if you would like.

CrossTox: (In-person, 2nd floor, rm 223) This is a supportive, peer led group focused on personal growth through open discussion, brainstorming, and sharing experiences. It's a space for individuals to connect, learn from, and empower each other on their recovery journey. We emphasize using practical S.M.A.R.T Recovery tools and explore how to apply them in daily life. Participants are encouraged to share what's worked for them, offering insights on maintaining and improving recovery, emotional well-being, and setting intentional goals. This group helps individuals stay focused, motivated, and empowered in their recovery.

Core Connections: (In-person, 2nd floor, rm 223) Want to spend more time getting to know your Daytox cohort & Alumni? Come to this new once a month evening group focused on maintaining these CORE CONNECTIONS! This peer-led group starts with a quick check-in followed by meaningful social time & snacks.

Cognitive Behavioral Therapy: (Zoom/in-person) Learn how your thoughts/behaviours/feelings are related and helpful tools to being to change your unhelpful thoughts/behaviours/feelings.

SMART: Self-Management and Recovery Training; open group anyone can attend. <https://www.vch.ca/en/service/smart-recovery#resources-54821>

All-Pathways Meeting (w/Junction): (Zoom OR in-person, check calendar for specifics) This is a general sharing & mutual support meeting that is inclusive of all pathways and flavors of recovery.